



IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Application No. : 09/805,067 Confirmation No. 2619
Applicant : Kevin Lamar
Filed : March 12, 2001
TC/A.U. : 3764
Examiner : Richman, Glenn E.

Docket No. : 10029.02
Customer No. : 20686

For: GROUP PROGRAM FOR RESISTANCE TRAINING

Commissioner for Patents
P. O. Box 1450
Alexandria, VA 22313-1450

AMENDMENT

In response to the Office action of August 12, 2003, please amend the above-identified application as follows:

Amendments to the Specification begin on page 2 of this paper.

Amendments to the Claims are reflected in the listing of claims which begins on page 3 of this paper.

Remarks/Arguments begin on page 8 of this paper.

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